

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Energy (kcal)

Food Groups: Fruits and Fruit Juices
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 07, 2015 04:49 EST

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09297	Raisins, golden seedless	165.0	1.0 cup, packed	498
09298	Raisins, seedless	165.0	1.0 cup, packed	493
09082	Cranberry-orange relish, canned	275.0	1.0 cup	490
09299	Raisins, seeded	165.0	1.0 cup, packed	488
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	472
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	447
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	440
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	431
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	418
09087	Dates, deglet noor	147.0	1.0 cup, chopped	415
09085	Currants, zante, dried	144.0	1.0 cup	408
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	399
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	392
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	388
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	387
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	385
09038	Avocados, raw, California	230.0	1.0 cup, pureed	384
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	382
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	381
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	377
09094	Figs, dried, uncooked	149.0	1.0 cup	371
09446	Plantains, green, fried	118.0	1.0 cup	365
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	357
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	350
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	350
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	346
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	341
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	324

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	322
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	316
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	314
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	313
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	308
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	305
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	302
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	298
09322	Tamarinds, raw	120.0	1.0 cup, pulp	287
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	279
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	278
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	278
09095	Figs, dried, stewed	259.0	1.0 cup	277
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	276
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	266
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	265
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	264
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	258
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	258
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	252
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	246
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	245
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	240
09035	Apricots, frozen, sweetened	242.0	1.0 cup	237
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	236
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	236
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	235
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	235
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	234
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	233
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	233
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	232
09278	Plantains, cooked	200.0	1.0 cup, mashed	232
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	231
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	230
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	229

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	228
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	228
09059	Breadfruit, raw	220.0	1.0 cup	227
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	225
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	225
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	221
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	217
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	216
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	215
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	214
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	214
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	212
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	211
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	210
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	209
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	208
09040	Bananas, raw	225.0	1.0 cup, mashed	200
09313	Sapodilla, raw	241.0	1.0 cup, pulp	200
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	199
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	199
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	198
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	197
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	196
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	195
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	194
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	194
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	189
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	186
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	184
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	182
09294	Prune juice, canned	256.0	1.0 cup	182
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	182
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	181
09277	Plantains, raw	148.0	1.0 cup, sliced	181
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	174
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	170

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	169
09140	Guavas, strawberry, raw	244.0	1.0 cup	168
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	167
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	164
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	163
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	161
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	160
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	159
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	159
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	158
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	157
09144	Jackfruit, raw	165.0	1.0 cup, sliced	157
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	154
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	152
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	152
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	152
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	151
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	150
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	150
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	150
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	149
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	149
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	149
09315	Soursop, raw	225.0	1.0 cup, pulp	148
09334	Feijoa, raw	243.0	1.0 cup, pureed	148
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	148
09434	Guanabana nectar, canned	251.0	1.0 cup	148
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	146
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	146
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	146
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	145
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	143
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	143
09437	Tamarind nectar, canned	251.0	1.0 cup	143
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	143
09229	Papaya nectar, canned	250.0	1.0 cup	142

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	141
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	141
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	138
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	137
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	137
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	136
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	135
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	134
09442	Pomegranate juice, bottled	249.0	1.0 cup	134
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	134
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	133
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	132
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	132
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	131
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	131
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	130
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	129
09436	Mango nectar, canned	251.0	1.0 cup	128
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	128
09163	Blueberries, dried, sweetened	40.0	0.25 cup	127
09428	Rowal, raw	114.0	0.5 cup	127
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	126
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	125
09164	Litchis, raw	190.0	1.0 cup	125
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	125
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	125
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	124
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	124
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	124
09079	Cranberries, dried, sweetened	40.0	0.25 cup	123
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	123
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	122
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	122
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	121
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	121
09062	Cherimoya, raw	160.0	1.0 cup, pieces	120

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	118
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	117
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	117
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	117
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	117
43382	Cranberry juice, unsweetened	253.0	1.0 cup	116
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	116
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	116
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	115
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	114
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	114
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	114
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	114
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	114
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	114
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	112
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	112
09139	Guavas, common, raw	165.0	1.0 cup	112
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	112
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	112
09206	Orange juice, raw	248.0	1.0 cup	112
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	111
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	110
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	110
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	109
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	109
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	109
09205	Oranges, raw, with peel	170.0	1.0 cup	107
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	106
09221	Tangerine juice, raw	247.0	1.0 cup	106
09088	Elderberries, raw	145.0	1.0 cup	106
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	104
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	104
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	103
09451	Horned melon (Kiwano)	233.0	1.0 cup	103
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	102

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	102
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	102
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	101
09176	Mangos, raw	165.0	1.0 cup pieces	99
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	98
09110	Goji berries, dried	28.0	5.0 tbsp	98
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	97
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	97
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	97
09128	Grapefruit juice, white, raw	247.0	1.0 cup	96
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	96
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	95
09043	Blackberry juice, canned	250.0	1.0 cup	95
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	94
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	93
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	93
09423	Prune puree	36.0	2.0 tbsp	93
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	92
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	92
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	92
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	92
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	92
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	91
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	91
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	90
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	88
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	88
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	88
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	88
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	87
09143	Guava sauce, cooked	238.0	1.0 cup	86
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	85
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	85
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	85
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	85
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	85

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09050	Blueberries, raw	148.0	1.0 cup	84
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	84
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	84
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	84
09077	Crabapples, raw	110.0	1.0 cup slices	84
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	83
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	82
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	82
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	81
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	81
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	81
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	80
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	80
09252	Pears, raw	140.0	1.0 cup, slices	80
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	79
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	79
09427	Abiyuch, raw	114.0	0.5 cup	79
09413	Pears, raw, red anjou	126.0	1.0 small	78
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	78
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	77
09279	Plums, raw	165.0	1.0 cup, sliced	76
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	76
09021	Apricots, raw	155.0	1.0 cup, halves	74
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	74
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	74
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	74
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	74
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	74
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	73
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	72
09295	Pummelo, raw	190.0	1.0 cup, sections	72
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	72
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	71
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	71
09083	Currants, european black, raw	112.0	1.0 cup	71

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	71
09174	Loquats, raw	149.0	1.0 cup, cubed	70
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	69
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	69
09421	Dates, medjool	24.0	1.0 date, pitted	66
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	66
09107	Gooseberries, raw	150.0	1.0 cup	66
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	66
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	65
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	64
09302	Raspberries, raw	123.0	1.0 cup	64
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	63
09191	Nectarines, raw	143.0	1.0 cup slices	63
09084	Currants, red and white, raw	112.0	1.0 cup	63
09226	Papayas, raw	145.0	1.0 cup 1" pieces	62
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	62
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	62
09042	Blackberries, raw	144.0	1.0 cup	62
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	62
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	61
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	61
09287	Prickly pears, raw	149.0	1.0 cup	61
09160	Lime juice, raw	242.0	1.0 cup	60
09190	Mulberries, raw	140.0	1.0 cup	60
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	60
09236	Peaches, yellow, raw	154.0	1.0 cup slices	60
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	59
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	57
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	57
09002	Acerola juice, raw	242.0	1.0 cup	56
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	55
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	54
09152	Lemon juice, raw	244.0	1.0 cup	54
09004	Apples, raw, without skin	110.0	1.0 cup slices	53
09296	Quinces, raw	92.0	1.0 fruit without refuse	52
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	52

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	51
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	51
09078	Cranberries, raw	110.0	1.0 cup, chopped	51
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	50
09316	Strawberries, raw	152.0	1.0 cup, halves	49
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	48
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	47
09326	Watermelon, raw	154.0	1.0 cup, balls	46
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	41
09192	Oheloberries, raw	140.0	1.0 cup	39
09433	Clementines, raw	74.0	1.0 fruit	35
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	32
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	31
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	30
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	29
09311	Roselle, raw	57.0	1.0 cup, without refuse	28
09307	Rhubarb, raw	122.0	1.0 cup, diced	26
09159	Limes, raw	67.0	1.0 fruit (2" dia)	20
09149	Kumquats, raw	19.0	1.0 fruit without refuse	13
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	12